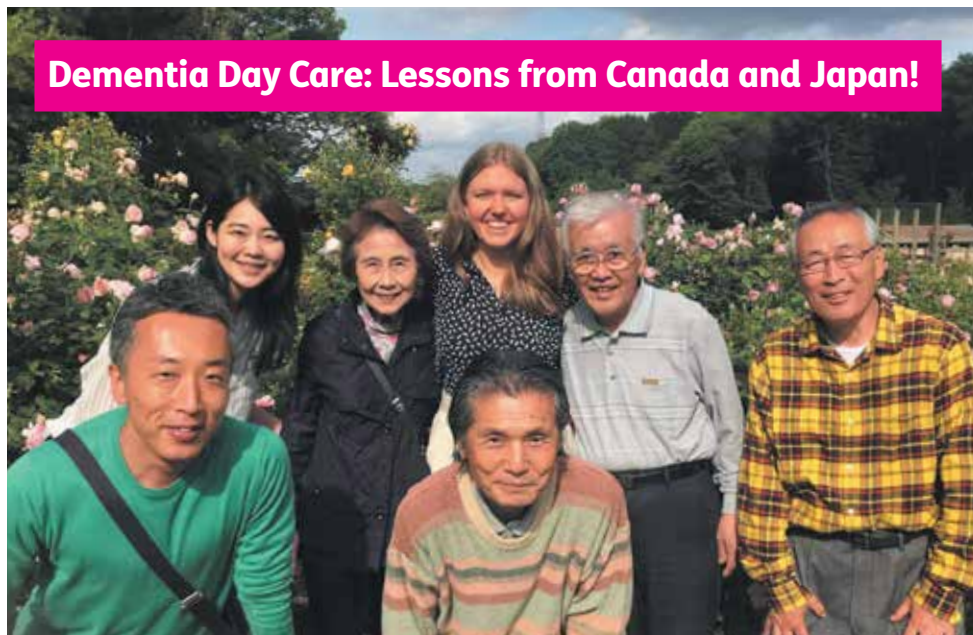


SUMMER 2020

# MEMBERS' UPDATE

## Dementia Day Care: Lessons from Canada and Japan!



## In this issue...



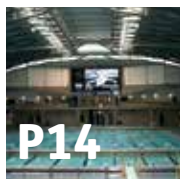
Coach House  
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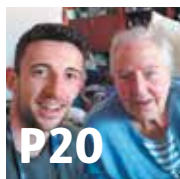
Your Mind  
Matters



Fantastic  
Fundraising



Member  
Offers



New  
Opportunity!



Members' Update is produced by Age UK Sheffield for Sheffield 50+ members and Friends of Age UK Sheffield.



## Welcome to the summer issue of our magazine.

I hope you and your loved ones are keeping well, I am writing this as the coronavirus is beginning to spread throughout the UK, and it currently seems as though it will be with us for a few months. This week's news has been full of the need to self-isolate to contain the spread of the virus. Aside from the obvious concern about its impact on the health of older people in Sheffield, this news is also making me reflect that thousands of people in our city are forced to "self-isolate" against their wishes every single day due to loneliness. Previous Age UK research has indicated that 49% of older people have either their TV or a pet as their main source of company – this is a battle we will be continuing to fight every day, and hopefully long after coronavirus has stopped being a threat to us.

Focusing on more positive matters, and it continues to be a really exciting time for us here at Age UK Sheffield. In February we submitted our final bid to the National Lottery Heritage Fund, to redevelop the Old Coach House building in Hillsborough Park, as a dementia-friendly café and activity centre. We hope to hear the outcome of our funding bid by the summer, and ask you to keep your fingers crossed for us.

Over the past few months, we have received some extra funding from Sheffield City Council to scale up our dementia services. We now provide advice and training to a wide range of professionals across the city to increase their knowledge of working with people living with dementia, and we also provide a home for the



Sheffield Dementia Action Alliance, who are working to make the city dementia-friendly. This is in addition to our fabulous Wellbeing Centre in Norfolk Park.

Finally, our shops are developing well to provide us with some additional funds to support our charitable services in Sheffield. If you want to find a bargain, donate your pre-loved items, or volunteer with us, please let us know. In addition to our shops at Twentywell Lane, Bradway, and at the bottom of Carterknowle Road on Abbeydale Road, we are hoping to have a third store open in the not-too-distant future.

Myself and the team here at Age UK Sheffield are thinking for you all during these uncertain times, and as ever, we are here for you if you need support. Please do contact us via phone or email should you need any help now, or in the future.

Best wishes,

**Steve Chu**

Chief Executive, Age UK Sheffield

## CONTACT US



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facebook.com/  
ageuk



@ageuksheffield

# Lottery bid submitted for Hillsborough Park



Our project to open a brand new café and older people’s activity centre in Hillsborough Park has moved a step closer after a final bid was submitted to the National Lottery Heritage Fund (NLHF).

Age UK Sheffield is asking for £581,500 of Lottery funding towards the £967,000 project, which would restore the Grade II listed Old Coach House building that is currently derelict. The Lottery decision is likely sometime in the summer of 2020. If successful, building work could commence before the end of the year.

The NLHF previously granted the charity £49,700 in December 2018 to develop the project to a stage where the full bid could be submitted.

Age UK Sheffield Chief Executive, Steve Chu, said: “We have worked extremely hard over the past year to bring the project to this stage. I am confident we have put forward an excellent business plan, a wide range of exciting activities and, most



important of all, a fully costed proposal to save this historic building from collapse. Local people have been extremely supportive of the project, and I really hope we can deliver it for ourselves and the entire local community.”

During the development phase, the neighbouring Potting Shed building has been added to the project. Age UK Sheffield hopes to run this as a “Maker’s Shed” providing an exciting range of

gardening, woodwork, upcycling and other craft activities.

Planning permission requests to develop both The Old Coach House and Potting Shed have been submitted to Sheffield City Council.

Age UK Sheffield is contributing £100,000 of its reserves to deliver the project, whilst partnership funding of £215,000 has already been secured, dependent on the green light from the Lottery.

**Councillor Mary Lea, cabinet member for culture, parks and leisure, said: “I’m really pleased to see Age UK move forward to the final stages of funding and planning for this project, which will not only provide vital café and toilet facilities at one of our city’s most beautiful and popular parks but will help thousands of people across the city, as well as their carers and friends.**

**“So many lives are affected by Dementia and we know how important it is to find alternative ways to help people, such as through social interaction, artistic expression, practical craft and connection to nature and the outdoors.**

**“This development addresses all of that, as well as benefiting many local communities.”**

# Your Mind Matters

Age UK has partnered with the NHS to launch their Your Mind Matters campaign. The campaign aim is to inform older people, their families or carers, and medical professionals about mental health in later life, and to break down barriers allowing older people to ask for and receive support.

Often mental health among older people is seen as secondary to their physical health, meaning they continue to live their day-to-day lives without seeking any help. Mental health conditions in later life, such as Depression and Anxiety, are often dismissed as a normal part of ageing.

Your Mind Matters strives to demystify these beliefs and raise awareness of treatment and support

that older people often need. The Your Mind Matters mental health guide outlines how and why older people may feel this way, as well as useful organisations to seek help and advice from.

It's important to raise awareness of treatments such as talking therapies, a form of structured conversation with a trained professional to help manage thoughts and feelings. The most



**Talking therapy can help people who are feeling:**

**Worried, low, unmotivated, lonely**

**Depression affects around 22% of men and 28% of women aged 65 or over.**

**It's estimated that 85% of people with depression receive no help from the NHS.**

common types of talking therapies are Cognitive Behavioural Therapy (CBT) and counselling.

Despite being for all ages, older people are significantly less likely to access these treatments, meaning they aren't receiving the support that they need. It's even shown that talking therapy can help both people with dementia and those who look after them. The NHS has a programme dedicated to improving access to psychological therapies, known as IAPT. Older people make up 18% of the population, but only 7% of IAPT users are over the age of 65. In many areas of England, under-provision, long waiting times and inaccessible services all contribute to this low figure. However, low awareness amongst older people and health professional attitudes – for example, that older people would not benefit



from talking therapies – also have a big impact on the number of referrals. Older people's mental health is everyone's responsibility, which is why Your Mind Matters also partnered with the Royal College of GP's and the Royal College of Nurses. It's important to highlight the issue to health professionals because older people are just as likely to have mental health conditions, but they are not always receiving the treatment and support they

need. So, ensuring that frontline staff are made aware of the problem is integral in enabling them to do their part in addressing older people's mental health.

**For more information, advice and support on older people's mental health and how you can help break down barriers search Google for the 'Your Mind Matters guide' or contact Age UK Sheffield.**

# Charlotte's Fundraising Story

We've recently been lucky enough to have the fundraising support of Charlotte Clewes, a 27-year-old solicitor from Sheffield who set herself a challenge to run 5k every day for a whole month to raise money for our dementia Wellbeing Centre. Here's why...

## Why did you decide to raise money for the Wellbeing Centre?

My Nan has Alzheimer's and is a regular at the wellbeing centre since we lost my Grandad in 2018. My grandparents were and are huge influences in my life, and the wellbeing centre brings Nan so much joy and comfort that I wanted to give something back.

## How did you come up with the idea?

I've done fundraising and volunteering for Alzheimer's charities in the past. I ran 10k in 2018 and wanted to do something that would push me even further. I could see the impact that raising money would have for the wellbeing centre

and decided that would be the perfect place to raise money for.

## How much money did you raise?

I set a target on my fundraising page of £500. Overall with gift aid, I raised £528.75! I posted images of my runs every day on social media and also pledged to match any offline donations I received, so because I raised £100 offline, I then made a further £100 donation to my fundraising page.

## Are there any stand-out moments?

We were in Paris for 4 days during the challenge, and my second run was an early morning one along the Seine and around the Louvre.

Absolutely amazing! Running in Paris wasn't without its challenges though, as we were there during the unrest, which meant navigating road blockades and protesters!



## Are you inspired by Charlotte's story?

Tempted to give fundraising a go yourself? We have lots of fundraising ideas on our website and can offer lots of practical and promotional support too! If you're interested, please get in touch!



# EVENTS CALENDAR

## Our Events Guide for April – June

Please note: You must be a Friends of Age UK Sheffield member to obtain these discounts and be able to present your membership card/quote membership number at the time of booking.

### Digital drop-in sessions

Would you like some help with your smartphone, tablet, camera or computer? Would you like to learn how to video call your family and friends?

#### We can help!

Pop along to our free Digital Drop-In Service and see one of our knowledgeable and friendly digital volunteers. Everyone welcome! You can attend one of the sessions at either location below, no need to book, just show up!



**\*The Virgin Money Location has now changed to the Age UK Sheffield Office on Eyre Street. This**

**is due to refurbishments commencing at the lounge.**

#### Age UK Sheffield Office

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**Fortnightly on Thursdays**

**9, 23 April**

**7, 21 May**

**4, 18 June**

**1pm-3pm**

#### Central Library

.....

**Fortnightly on Fridays**

**3, 17 April**

**15, 29 May**

**6, 20 March**

**12, 26 June**

**1pm-3pm**

#### Digital at Home Service

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If you're unable to attend one of our drop in sessions or feel that you'd benefit from a member of the Age UK Sheffield team visiting you in your home to support you with using your phone, tablet, computer etc. then we can organise this for you! Our staff are all fully DBS checked,

knowledgeable and very friendly. To enquire about this service for yourself or a family member/friend please email: **enquiries@ageuksheffield.org.uk** or call us on **(0114) 250 2850**.

### Monthly meetings and coffee mornings

#### Sheffield 50+ monthly meetings

.....

These meetings are open to all Friends of Age UK Sheffield members. Meetings take place on the first Thursday in every month in the ground floor conference rooms, South Yorkshire Fire and Rescue HQ, Eyre Street, unless an alteration is noted. Please note that the guest speakers listed are subject to change.

**1pm-3.30pm**

**7 May** – Laura from Ignite Imaginations



**4 June** – Joseph Kwon on Falls Prevention, Sheffield University

**2 July** – Helen Brown from Sheffield University Housing

**August** – No meeting (Summer Break)

**Coffee mornings at Crucible Corner Café**

**Every Friday**

**11am-12pm**

Our popular coffee mornings take place every Friday from 11am-12pm. New members are especially welcome! Join us for a hot cuppa and good company in the city centre. It's a great opportunity to make new friends!

**Venue:** Crucible Corner Café.

**Coffee mornings at Woodseats Library**

**Every Wednesday**

**10.30am-12pm**

Everybody welcome! They take place every Wednesday from 10:30am-12pm at Woodseats Library. New members are more than welcome to turn up on the day and join us to make new friends!

**Venue:** Woodseats Library

**Memory Cafés**

We want to encourage people experiencing memory loss or people who have a diagnosis of mild to moderate dementia, their carers and friends to come along and join us. There are activities to engage, inform, stimulate and entertain

everyone. Plus, it'll be an opportunity to make new friends, keep active and feel more confident.

- **Dore:** The Dore cafes are held on the first and the third Tuesdays of each month at Dore Methodist Church Hall on Savage Lane. 2-4pm.
- **Totley:** The Totley cafes are held on the second and fourth Tuesday of each month at All Saints Totley Church Hall on Totley Hall Lane. 2-4pm.
- **Hillsborough:** The Hillsborough cafes are held on the second Wednesday of the month at Hillsborough Arena, Middlewood Road. 10am-12pm.
- **Bents Green:** The Bents Green Cafés are held on the first and third Thursday of the month at the Bents Green Methodist Church, 172 Knowle Lane at 2-4pm.

Everyone is welcome and the sessions are free to attend. (small donations towards refreshments & running costs are always welcome and greatly appreciated as they help us continue to keep these services running.)

Transport 17 will be offering accessible minibus door to door transport for the Dore and Totley cafes only for a small charge (£1.50 return per person). Let us know if you would like to book your place on the minivan by calling us on **0114 2502580**.

### Carers Café

#### First Wednesday of month

**10am-12pm**

A Café for anyone who cares for a friend or family member is open at the Totley United Reformed Church. It's a great opportunity to meet other carers and have a friendly chat and refreshments. There'll be visitors attending the cafes from helpful organisations too.

**Venue:** Totley United Reformed Church.

### Sporting chatter

#### Every other Friday

**24 April**

**8, 22 May**

**5, 19 June**

**3, 17 July**

**10am-12pm**

Free and fun! You're guaranteed a warm welcome and a cuppa. An informal group that meets to chat about all things sport! Activities include talks from ex sporting

professionals, visits and tours to professional sports grounds and Sporting Memorabilia Exhibitions, quizzes, book reviews and films. No booking required and everybody welcome! We are currently looking for a volunteer assistant group Leader for the Sporting Chatter group. If you're interested, please visit the volunteering page on our website to find out more and apply.

**Venue:** Totley Library



Sporting Chatter Group

### Dore and Totley Outdoor Task Force

These activities include Totley Library Gardening, and Litter Picking groups in both Dore and Totley, on various dates throughout the year. Everyone is welcome! Please contact Joanna by email to book onto sessions at **Joanna.woodward@ageuksheffield.org.uk**

### Body conditioning class

#### Thursdays

**2.30-3.30pm**

Coffee afterwards. All people and abilities welcome! No booking required.

**Venue:** Dore and Totley United Reformed Church

### Exercise to music class

#### Mondays

**2.30-3.30pm**

Coffee afterwards. All people and abilities welcome! No booking required.

**Venue:** Dore and Totley United Reformed Church

### Table tennis

#### Thursdays 3-5pm and Fridays 7-9pm

No booking required, everybody welcome.

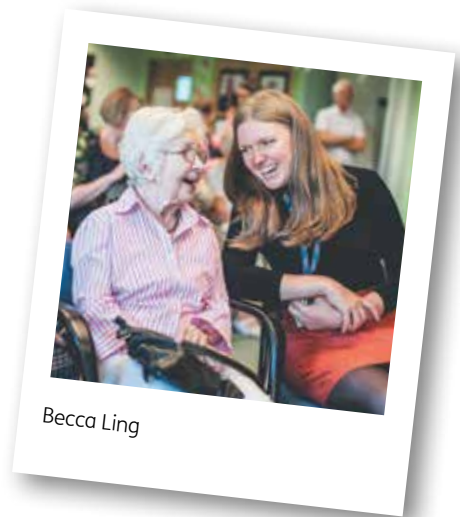
**Venue:** Bradway Community

We regularly update our website with the Timetable for activities in our Dore and Totley PKW area, so if you're keen to hear about new services first, please refer to our website: **ageuk.org.uk/sheffield/activities-and-events/pkw/ Hall**.

## MEET THE TEAM

# Rebecca Ling

Becca is our Wellbeing Centre Lead and the Dementia Information and Advice Officer for Age UK Sheffield's Dementia Advice Sheffield service which began in October 2019.



Becca Ling

### **What is the Dementia Advice Sheffield service?**

The new service offers specialised dementia training, guidance and advice to professionals and volunteers working with people who have dementia and their families. It also puts newly diagnosed individuals in touch with local support. Professionals can contact us with dementia-related questions, and we respond within 48 hours. These queries can highlight training needs, enabling us to offer unique, free training sessions such as; 'More than just bingo' and 'making lunch clubs

dementia friendly'.

We receive the details of people with a new diagnosis (with consent) so that we can refer them to their local People Keeping Well partner organisation. They will provide information about local groups, activities and support. This new pathway helps people stay well connected, supported and active in their community.

### **What is your role within the service?**

I respond to queries from professionals to offer them support and

guidance. Examples of queries include: how to make spaces more dementia-friendly? And, what services are available to support carers? I also make referrals.

### **How long have you worked for the Age UK Sheffield?**

It will be 4 years this April! I studied Social Policy & Sociology at The University of Sheffield and throughout my education, I volunteered with a singing group for people living with dementia. I saw the difference that quality services can make and knew I wanted to

work in a service that improves lives.

### **Tell us about your trips to Canada and Japan!**

Last year I received a Churchill Fellowship to visit Dementia Day Centres in Japan and Canada. This incredible opportunity led to visiting 23 Day Centres and 6 care homes. I met university professors, care workers, local government officials, NGOs and most importantly I met and heard the experiences of people living with dementia and their carers. The main aim was to identify actionable approaches to improve current Day Centre provision and services for people at early-mid stages of dementia and provide better support for carers.

I spent 3 weeks in Japan visiting services from Tokyo to Osaka. The most innovative services were

well connected with their local communities and supported members to actively engage in society either through voluntary work, community projects or through intergenerational work. One service, for example, created an afterschool pop-up sweet shop to encourage children to visit.

In Canada I visited a variety of Day Centres that had applied Montessori Methods, David Sheard's 'Butterfly Home' model and others with an arts focus. The more innovative services promoted choice, independence and supported members to have a role in day-to-day tasks.

I was welcomed so warmly by individuals and services across Japan and Canada and have many special memories, such as my first Karaoke experience

with 6 members at a Day Centre. I felt so inspired along the way. Shortly my Churchill Report 'Dementia Day Centres; what can the UK learn?' will be published, which contains more detail including lessons I learnt and how to apply them in the UK.

### **What's your favourite part about your role?**

I feel privileged to be involved in improving the lives of people living with dementia across the city, be it through improving dementia services or working directly with our members at The Wellbeing Centre.

### **What did you want to be when you were younger?**

When I was younger, the answer was always ... a tightrope walker. This was inspired by a favourite childhood book, but it clearly wasn't meant to be!

# Membership offers

## Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store.

Daybell and Choo, 290-294 Sharrow Vale Road, Sheffield S11 8ZL

**0114 267 1828**

info@daybellchoo.co.uk



## Greensleeves Lawn Care

Free consultation and 20%. Get a free lawn consultation with Greensleeves Lawn Care (South Sheffield), and get 20% discount on your first year.

To claim this offer, simply phone **(0114) 245 6539** or e-mail: southsheffield@greensleeves-uk.com

Offer available within the following Sheffield post

code areas: S7, S8, S9, S10, S11, S12, S13, S14, S17, S18.



## John Lewis

Members can claim a £50 John Lewis voucher\*, after purchasing a laptop or tablet from the Barker's Pool store. To redeem the offer, simply send proof of your purchase to Age UK Sheffield.

\*Limited supply, first come, first served.



## Nuffield Health – swim and sauna for free!

We've teamed up with Nuffield Health, off Ecclesall Road to organise a free 14 consecutive day pass for our members, and you have the option to bring a +1!

Facilities include...

- 25m Swimming Pool
- Sauna, 3 Jacuzzi's and Steam Room
- Fully equipped and air-conditioned gym
- Over 100 classes per week
- On site medical centre with fully qualified GPs and Physios
- Beauty salon
- Café

For further information, call **0114 276 5333**.

Please take this page and your membership card with you with you on the day to redeem offer.



## Redbrik Estate Agents

Redbrik are offering a free market appraisal and a £100 discount from their selling fees.

Quote AGE UK – Redbrik20 when booking your Market appraisal. Redbrik is the #1 Agent in



Yorkshire & helps people sell homes across Sheffield.

Call **0114 399 0567** for a free market appraisal today.



## Self-Guided Sheffield Heritage Walks

Curious About Sheffield – quirky heritage walks. Explore, Discover & Enjoy Sheffield with two unique, self-guided, heritage walks with an optional treasure hunt. Buy in printed booklet or instant download format

from [curiousabout.co.uk/sheffield](https://www.curiousabout.co.uk/sheffield) and explore in your own time. Enter code **“Sheffield25”** at the checkout for a 25% discount when you spend over £12 on any Curious About Walks.

## Sheffield Theatres

Sheffield Theatres are offering Friends of Age UK Sheffield members 10% off at their café and bar, on production of your membership card.



## Solicitors

### Free legal advice

The following solicitors firms offer free legal advice sessions on older people's issues if required to Age UK Sheffield members and customers.

- Keebles
- Best Solicitors
- Howells LLP

For information on booking a free legal advice session, call the Age UK Sheffield office on **(0114) 250 2850** or e-mail: [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)

### Discounts from solicitors

Keebles – 15% off fees relating to Wills or lasting Power of Attorney. **0114 276 5555**.

Best Solicitors – 20% off all services. Home visits available if required. **0114 358 3134**.

Howells LLP - 15% off on Wills and Lasting Power of Attorney cases. **0114 249 6666**. (Dementia Friendly Trained plus home visits available).



## The AgeUK LifeCARD

In order to access the lifeCARD, all customers need to provide their AgeUK card at the point of purchase. We are pleased to confirm the following across our sites:

### Discounted Swimming

– Age UK Lifecard holders can swim at **any** SIV pool, during opening hours, at a discounted price;

**Ponds Forge** - £2.55 (Mon-Fri 6.30am-3.30pm) / £4.65 (Mon-Fri after 3.30pm and weekends) – in the competition pool.

Selected leisure pool sessions Mon-Fri £3.85/ Weekends £4.65

**Ponds Forge** dedicated Age UK only sessions;

- Mondays - 12-2pm (competition pool) / 12-1.30pm (leisure pool) (Both members-only sessions)
- Wednesdays – 10-11am (leisure pool – open session)
- Fridays 12-1pm (competition pool – members-only session).

**Café Discount** – 15% off selected food and beverages at the food/café at Concord Sports Centre, EIS Sheffield,

Hillsborough Leisure Centre and Ponds Forge.

**Up to 20% discount** – off a wide range of sport and leisure activities across the city.

**Access to discounts and offers** – from SIV and their partners.

**Our members should go to Ponds Forge to get their LifeCARD, which is free for new members. These LifeCARDS will not be issued at any other leisure centre.**



## Variable swimming prices

Pool	Offer
Ponds Forge	LifeCARD £4.65. Age UK LifeCARD Session £2.55
Heeley Pool, Springs Leisure Centre, Westfield Sports Centre & Concord Sports Centre	£3.85 for casual swim with Any LifeCARD. Over 60 rate £2.55 with any LifeCARD (Called Age UK Swim at Concord Sports Centre).
Hillsborough Leisure Centre	£4.65 with any LifeCARD

### All first time Age UK members have the opportunity to receive a free lifeCARD with loaded free activities.

This offer has been funded by Sheffield City Trust, a charity whose primary role is to benefit the health and wellbeing of the people of Sheffield. SIV is the operating arm of Sheffield City Trust.

All offers can be redeemed Monday-Friday before 3.30pm. The Age UK LifeCARD is free and is open to all new members of Friends of Age UK Sheffield even if you already have an existing

LifeCARD.

### Age UK LifeCARD holders have 6 months to use the following free offers from the date they receive their card:

**Free swimming** – swim for free 4 times at Concord Sports Centre, Heeley Swimming Pool, Hillsborough Leisure Centre, Ponds Forge or Springs Leisure Centre.

**Free fitness classes** – take part in 4 classes at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre, Ponds Forge,

Springs Leisure Centre or Westfield Sports Centre. They can be the same class, or different ones, it's up to you.

**Free tea dance** – you are entitled to one free entry to the tea dance at Sheffield City Hall on a Tuesday or Thursday – dates vary.

**Free Golf** – enjoy a free 18 hole round of golf at Beauchief, Birley Wood, Sinfin (Derby), Tinsley Park or Tapton Park (Chesterfield) golf courses. The discount is for the green fee only.

#### PLEASE NOTE:

**The pool at Ponds Forge will be inaccessible on the following dates/times due to events.**

**Mon 6 April, 12-2pm**

**Fri 10 April, 12-1pm**

**Fri 24 April, 12-1pm**

# NEWS IN BRIEF

## Fundraising thanks

We want to say a big thank you to Nabuh Energy who held two bake sales in their offices to raise money for our charity! All those cakes raised £100.62.

## Sheffield Doc Fest 2020

There's some great volunteering opportunities for the annual Doc fest. You don't need a background in film to get involved! It's an opportunity to be among the first to see world premieres of the best documentaries and meet filmmakers and artists from all over the globe. There's an amazing package of benefits for all volunteers, provided in return for volunteering! Find out more at [sheffdocfest.com/view/volunteer](http://sheffdocfest.com/view/volunteer)



## Pen pals!

Are you interested in our pen pal service? “Bridging the Gap” is our pen pal scheme which has lots of lovely volunteers who would like pen pals to keep in touch with. If you'd like to be matched with a pen pal, please get in touch! [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)

## She Wields a Hammer: A Metalwork Exhibition

A display of stunning silver objects are on

display in the Millennium Gallery to celebrate the contributions of female designers and makers to the discipline of Design and Technology. The history of female makers in Sheffield and beyond is explored through a series of objects from the collections of Museums Sheffield and Sheffield Assay Office.

Open every day until 31/07/2020 (free entry).

# New locally made products in our shop!

We have some new locally made products in our Bradway shop!

Five fabulous makers have been selling in our shop since we opened in September, plus 11 new makers too! Each maker kindly donates to our charity for each item sold. So, if you're a fan of shopping sustainably and supporting local independent businesses come and visit our shop!

Our makers include:

## Floral Fantasy

Beautiful wedding flowers and unique hair accessories are what you can expect to find from Floral Fantasy's product range, which are all carefully and creatively made by Julie.

## Oo That's Nice

With a name inspired by their most regularly heard feedback at craft fairs, Karen's creations include handcrafted felt gifts,

embroidery items, tote bags, cake toppers and memory dolls/bears.

## Jem4Art

Jane creates wonderfully unique jewellery, accessories and decorations using mixed media, textiles and paper clay inspired by natural forms and mythology.

## The Busy Box Room

Jan creates beautiful, minimalist jewellery created using glass fusing techniques and bright colour combinations which create stand out, striking pieces - perfect for gifts.

## BarMade Bags

Barbara creates a range of individually made bags and other items such as purses and glasses cases. Upcycled and reclaimed fabric offcuts are used

where possible, usually sourced from local charity shops.

## Iridis Crafts

Iridis Crafts creates high quality, contemporary sea glass and pebble pictures that also feature driftwood, twigs and art details, as well as a variety of other items - perfect for gifts!

## Sarah Williams

Sarah is a Hand Weaver & Textile Artist. With no set technique, Sarah creates wall pieces, rugs, scarves, shawls, bags and cushions.



## Porter Valley in Touch

**We are very excited to have launched a new service in the South West of Sheffield - Porter Valley in Touch. Although the concept borrows from elements of our other successful services, it's a new approach to tackling social isolation, loneliness and physical health issues amongst older people in Sheffield.**



The Porter Valley in Touch service is a joint initiative between Age UK Sheffield, NHS Sheffield CCG and the Porter Valley Primary Care Network (a network of 6 GP practices). Following training, volunteers will visit a person in their home to provide support for them to regain or retain their independence, such as through simple domestic tasks like confidence in travelling or learning basic IT skills to keep in touch with family. If this volunteer role sounds like something you might enjoy & you have a few hours of free time a week, this might be the perfect opportunity for you to make a big difference!

### **Some key things to know:**

- You would only need to commit to a few hours per week
- Full training will be provided beforehand
- No previous experience necessary
- You'll be supported throughout the whole process and will receive a training & resource pack plus emergency contact details
- Volunteer expenses are covered so there are no hidden costs
- Help reduce pressure on local NHS services
- You will receive a certificate from Age UK Sheffield upon completion of training & volunteering
- You will need to complete a DBS (criminal record) check

**PORTER  
VALLEY  
IN TOUCH**



**NHS**  
Sheffield  
Clinical Commissioning Group

**Would you like to find out more about the project & how to get involved?**

Please visit [ageuk.org.uk/sheffield/get-involved/intouch](https://ageuk.org.uk/sheffield/get-involved/intouch) or call **(0114) 250 2850**.